

NATIONAL STRENGTH AND CONDITIONING ASSOCIATION (NSCA)

DANTES Test Centers' Authorization

The National Strength and Conditioning Association (NSCA) authorizes military installations with DANTES test centers to administer the NSCA certification examinations.

Background

The National Strength and Conditioning Association (NSCA) is a nonprofit, worldwide authority on strength and conditioning for improved physical and athletic performance. The NSCA Certification Commission offers the Certified Strength and Conditioning Specialist (CSCS) and NSCA-Certified Personal Trainer (NSCA-CPT) programs.

The membership is comprised of strength and conditioning coaches, personal trainers, exercise physiologists, athletic trainers, researchers, educators, sport coaches, physical therapists, business owners, exercise instructors, fitness directors, and students training to enter the field.

The NSCA is the only fitness related certification agency accredited by the National Commission for Certifying Agencies (NCCA) in Washington, DC.

Address

**National Strength and Conditioning Association
Certification Commission
1640 L Street, Suite G
Lincoln, NE 68508**

Phone: (888) 746-2378 OR (402) 476-6669

Fax: (402) 476-7141

Fax on demand hotline: (877) 441-2378

Website: <http://www.nsca-cc.org>

E-mail: commission@nsca-cc.org

Description

Eligibility Requirements

To qualify for the (CSCS) and the (NSCA-CPT) the examinee must meet one of the following:

CSCS

- BA/BS, DC or advanced degree from a 4 year, accredited institution, or
- Hold a degree in chiropractic medicine, or
- Be a currently enrolled college senior (cannot be certified until the BA/BS degree is satisfied)
- Certified in CPR

NSCA-CPT

- Certified in CPR
- Even though no formal post-secondary coursework or degree is required, candidates should have a good knowledge of:
 - Bio-mechanical concepts
 - Training adaptations
 - Anatomy
 - Exercise physiology
 - Program design guidelines
 - Content of the current NSCA position paper on special populations.

Examination Content

The **CSCS** examination is a 4-hour exam in the areas of exercise sciences (anatomy, exercise physiology, biomechanics, etc.) and nutrition.

Scientific Foundations	Practical/Applied
100 multiple-choice questions	90 multiple-choice questions
<ul style="list-style-type: none">• Exercise Sciences – 80• Nutrition – 20	<ul style="list-style-type: none">• Program Design – 35• Exercise technique – 33• Organizational/administration – 10• Testing/evaluation – 12

Candidates must pass both sections to be CSCS certified and make retake any section not passed.

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Description, Continued

NSCA-CPT	<p>The NSCA-CPT examination is approximately 2 ½ hours long and consists of 120 multiple choice questions. The examination format also includes scenarios in which candidates are provided with a variety of information about a client and are prompted to answer several questions relative to the scenario. The content covered includes:</p> <ul style="list-style-type: none">• Client consultation/assessment – 26• Program planning – 46• Exercise techniques – 36• Safety, emergency procedures, and legal issues – 12
Recertification	<p>The Executive Council of the NSCA Certification Commission requires that each CSCS and NSCA-CPT complete a specified number of CEUs within a 3-year reporting period.</p>

Application Procedures

To Order To register for the **CSCS** and **NSCA-CPT** exams follow these steps.

	CSCS		NSCA-CPT
Step	Action	Step	Action
1	Decide on a date and identify an available examination site.	1	Decide on a date and identify an available examination site.
2	Complete and sign examination registration form.	2	Complete and sign examination registration form.
3	Submit with the completed registration an original, official transcript (showing your degree granted by an accredited institution).	3	Submit a photocopy of current CPR certification (both sides).
4	Submit a photocopy of current CPR certification (both sides).	4	Provide a recent photograph (used for identification only).
5	Provide a recent photograph (used for identification only).	5	Submit registration fee.
6	Submit registration fee.		

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Application Procedures, Continued

Registration Confirmation

The Candidate Handbook and a letter confirming the candidate exam date and location, and candidate admission (to the exam room) ticket will be mailed to the Test Control Officer. Send the application (along with payment) to:

NSCA Certification Commission
1640 L Street, Suite G
Lincoln, NE 68508

Certification Fees

Certification Fees

The NSCA Certification Commission will offer the lowest fee available to military personnel. Payment methods include check, money order, Visa or MasterCard. Fees for the certification examination are:

CSCS	FEE
First registration	\$245 (US funds) *\$330
Retake (both sections)	\$195 (US funds) *\$280
Retake (one section)	\$135 (US funds) *\$220
Additional Military/DANTES fee	\$ 30

NSCA-CPT	FEE
First registration	\$220 (US funds) *\$305
Retake	\$160 (US funds) *\$245
Additional Military/DANTES fee	\$ 30

* Indicates non-member fee cost.

Administration

Military Administration

DANTES TEST CENTERS MAY ADMINISTER THE CSCS AND NSCA-CPT CERTIFICATION EXAMINATION TO ELIGIBLE ACTIVE DUTY MILITARY AND RESERVE COMPONENT PERSONNEL ON AN UNFUNDED (EXAMINEE PAYS) BASIS UNLESS EXISTING MILITARY REGULATIONS PROVIDE OTHERWISE.

Examinees must report 30 minutes prior to the test.

Civilian Administration

DANTES Test Centers may administer the (AAB) examinations to the following civilians on **AN UNFUNDED (EXAMINEE PAYS) AND SPACE-AVAILABLE BASIS** according to local command policy and Service regulations:

- Retired military personnel
 - Military family members
 - Veterans, and
 - U.S. federal employees
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When TCOs Should Administer the Examinations

The TCO will notify the candidate regarding the examination process and confirmation of the test date, time, and location.

Scoring

Passing Score

The minimum for passing is a **scaled score** of 70 for each section of the examination. Both sections of the examination must be passed. NSCA is not involved in any way in the handling or scoring of any examination.

Refunds

Refunds	The examinee will receive a 50 percent refund if the Commission receives a written notice no later than 7 days prior to the exam date.
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Retesting

Retesting	Both sections of the exam must be passed. Section(s) not passed may be retaken at a later date. There is no limit on the number of times an exam may be taken.
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Study and Preparation Assistance

Reference Materials	<p>For questions about exam review materials, contact the Products Coordinator at 888-746-2378, ext. 109 or at www.products@nsca-cc.org. Exam review packages costs: CSCS \$159.95 (*\$254.95) and NSCA-CPT \$134.95 (*\$224.95). The cost does not include the shipping & handling fee. Allow 2 to 3 weeks for standard shipping. NOTE: The amount in parentheses is a <u>non-member</u>'s cost</p> <p>Phone credit card orders to (888) 746-2378 Ext. 109; Fax: (402) 476-7141; or mail to <u>NSCA Certification Commission - 1640 L Street, Suite G - Lincoln, NE 68508</u></p>
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Certificate Maintenance

Certificate Maintenance	Those people holding CSCS and NSCA-CPT certificates must earn 6 CEUs (equivalent to 60 hours) over specific 3-year periods (2000-2002, 2003-2005, etc.) to maintain certification. Submit a completed CEU Reporting Form and recertification fee. Maintain documentation of activities listed on the CEU Reporting Form.
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Problems

Problems	If information pertaining to the examination is not received in a timely manner, please contact NSCA.
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Security

Test Loss or Compromise	Refer to Part I of the <i>DANTES Examination Program Handbook (DEPH)</i> for complete instructions if there is an NSCA test loss or compromise.
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Contact DANTES immediately and refer to specific Service regulations for complete procedures. DANTES address is:

DANTES	Phone: (850) 452-1360
Code 20F	DSN: 922-1360
6490 Saufley Field Road	Fax: (850) 452-1161
Pensacola, FL 32509-5243	

Web Pages and E-mail Addresses

DANTES web Address	Access the DANTES web pages at http://www.dantes.doded.mil .
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NSCA Web Address	Access the NSCA web page at www.nsca-cc.org .
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DANTES E-mail Address	The DANTES Certification Program E-mail address is certprog@voled.doded.mil .
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